

# YOUTH CROSS COUNTRY



Murray Parks and Recreation is starting a youth Cross Country running program. This program will help youth learn to improve their running techniques and skills while improving their endurance in order to compete in several meets including an all county meet. Weekly practices will be held. If you like running and like to compete, this program is for you.

For more information, call  
801 264-2614  
[www.murray.utah.gov](http://www.murray.utah.gov)



**Dates:** September 4th to October 11 (6 weeks)  
**Days:** Tuesdays and Thursdays Practices  
**Time:** 6 to 10 year olds 5:15 pm to 6:00 pm  
11 to 18 year olds 6:15 pm to 7:00 pm  
**Place:** Murray Park (Parks and Recreation Office)  
**Cost:** \$35 (Fee includes 12 practices, 3 meets and a team shirt and All County Meet)  
**Coach:** Rebecca Gibbs [rungibbs3@gmail.com](mailto:rungibbs3@gmail.com) 801 694-3183  
**Register:** Murray Parks and Recreation Office or online at [www.mcreg.com](http://www.mcreg.com)

## Cross Country Registration

Send fee and form to Murray Parks and Recreation, 296 East Murray Park Avenue, Murray UT 84107

Name \_\_\_\_\_ Phone \_\_\_\_\_ Male/Female \_\_\_\_\_

Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Age \_\_\_\_\_ Birth date \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Mother's Name \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Father's Name \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Does your child have any physical limitations? Yes \_\_\_\_\_ No \_\_\_\_\_ Please Explain \_\_\_\_\_

T-Shirt Size: YS \_\_\_\_\_ YM \_\_\_\_\_ YXL \_\_\_\_\_ Adult Small \_\_\_\_\_ Adult Med \_\_\_\_\_ Adult Large \_\_\_\_\_  
Adult XL \_\_\_\_\_

## Liability and Release and Permission to Participate

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any all claims for damages, for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element or risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I have read and understood the forgoing registration, liability release, and agree to all of their terms and conditions.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

For Office Use Only  
Date \_\_\_\_\_ Staff \_\_\_\_\_ Amount \_\_\_\_\_  
Payment CK \_\_\_\_\_ Cash \_\_\_\_\_ CC \_\_\_\_\_